

Definition of Training Intervals

Muscle Tension (MT):

A very slow cadence effort at 50-55 rpm, in the saddle, best performed on a gradual hill; consider these as on-the-bike squats. Use a large gear (ie, 53x12-15). Heart rate is not important – we're simply recruiting fast twitch muscle fibers for future high intensity efforts.

One-Legged Pedaling:

This exercise is used to increase power through the dead areas of the pedal stroke. This is best performed on an indoor trainer. Use a complete pedal stroke by imagining to scrape dirt off your shoe at the bottom, then pull up to the top of the stroke before pushing back down.

High Spin (HS):

You will maintain a cadence of 120+ rpm at minimal wattage. Concentrate on a smooth, complete pedal stroke.

Endurance Miles (EM):

The typical effort and wattage that can be held on a 60 to 240 minute ride. Cadence will be 85-95 with heart rate below your ceiling for 95% of the ride unless other intervals are included. Heart rate would be zone 2 or 3 and maybe a little zone 4.

Tempo (T):

These are longer efforts at a wattage just below the steady state effort and above endurance effort. Cadence will be 75-85, trying to maintain the recommended intensity and to also stay seated on climbs. This is an aerobic workout and muscle building interval used to prepare you for harder efforts later in the training season. From 10 to 90 minutes in length.

Steady State (SS) or Threshold Efforts:

These efforts are longer with a typical cadence (85-100) at a wattage just below your tt effort, or on the edge of your aerobic/anaerobic threshold. Use any road with flat to rolling terrain. The goal is to maintain the intensity within the training zone first and worry about cadence second, usually 10 to 30 minutes in length.

Power Intervals (PI) or VO2 Max Efforts:

The goal here is to increase power during short intense efforts. An indoor trainer or consistent road is best for comparing performance over time. You will use a high cadence (110+) at wattage well above your 10 mile tt wattage. Use an easy spin between efforts to recover, usually 1 to 5 minutes in length.

Power Starts (PS) or Anaerobic Capacity:

A high cadence, 110 rpm or higher, and maximum wattage effort held for a very short period, usually around 30 to 60 seconds, and always less than 30 seconds. Start with a big gear and quickly power up to the higher cadence. Heart rate will lag well behind on these short efforts.